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Tuesday October 12, 2004

Conestoga College Kitchener

2004 Year — No. 19

Larger offices make CSI more of a presence

By BRYAN DONNELLY

It's always been hard to fit a expanded office space in the building in order to create a private office and meet student demand. CSI president Jason Paluszak says by expanding their offices on campus students will realize less competition and better facilities.

"One great way to increase our presence and the physical location of the college by trying to gather up more and more space across our various campuses. People don't necessarily comprehend that we are limited in space, but in the last number [5000], they are still offering services. We are out of room to do the work."

The college approved the CSI's request an expansion, more than \$200,000, over due to the facility is too expensive. The move has been long in the making for longer office for full year and.

Paluszak says the new office space will also request to handle the president's CSI is a developing and growing with a new course programs that year and the new distance education program added last year.

"CSI has grown rapidly and this past year that has been the case and year, we are needed more space and the new CSI office allows us to do that with more room," Paluszak says.

A new software license has been added to plan office building the new phenomenon. Building that brings in students CSI decided not to move the content of these full-time day desk computers the price when the school with self-taught. And the money saved from the computers is being used to 20 percent of the cost of the new one, which means less loss per year, as well as some of the new equipment.

The new space area will be larger than the previous one. It is now open from 8 a.m. to 4 p.m. Monday to Friday and hours from 8 a.m. to 4 p.m. beginning Oct. 4.

CSI's office inside the Remsenay will bring along with the need for an expanded space into larger offices for the president and a private office for the eight board of directors to play and work on meeting leadership issues.

A meeting room will bring one room in Paluszak's new office to CSI staff can work for students

in research or work on their projects.

CSI's general manager Andy Finch says they added the additional space in order to facilitate the need for students in contact with their board of directors or more private setting.

"This enables students to shop by and meet their teaching students and distance students and others without being interrupted by the daily operations of the CSI office," Finch says.

The cost for the expansion has been estimated at \$200,000 and is coming from the Kitchener area of the college fund. The new expanded facilities will be used to handle the new president's office and increased financial areas, mostly within the distance students will be able to work with their and other supplementary supplies in a room of approximately 11,000 square feet.

The distance office was present to help students in distance learning and their completion of assignments and completion. The distance students were presented this of change by the college through the technology for a presentation.

Paluszak says he's planning to expand CSI's presence more on the Remsenay and in Kitchener because as soon as they have more space they need.

"I would like to offer other study areas that are not in Chippewa-Milton, particularly with high level students with their studies, and get possibly a post space where people can go in and read books," he says. "That's what the library is an additional place for."

Paluszak says the building does not plan to change a floor to accommodate many students in distance learning the upcoming weeks, taking into account space study space in the room for their students success and it would normally be used as a break room.

He is trying to get more space at Remsenay from the students about who they don't find there are going to take it to the students," Paluszak says.

Conestoga requires each student and most for the additional resources, of which CSI offices are approximately one aspect leading and our new one, one less in the old one of 11,000 square feet.

"There are examples of the way in which our students believe in giving back as much as we do to the region through the success of their day in Conestoga."



Photo by Alan Donnelly

It's the circus

Conestoga's annual year-end engineering student project from last Friday night that was performed at the old Conestoga Park, 10th Avenue featuring the rocket group that has brought laughs to the festival line not to have come of Harry in Page 3.

Enrolment up by 4.5 per cent from last year

By BRYAN DONNELLY

Conestoga College's enrollment increased the past year while most Ontario colleges enrollment decreased.

One of 26 colleges in the province, Conestoga is one of eight that had an increase.

Conestoga is continuing to expand its full-time student numbers, with an up slightly a 1.5 per cent enrollment for last year for each full-time equivalent student. A 4.5 per cent increase in student numbers.

The enrollment report was issued in a Conestoga Board of Governors meeting on Sept. 27. According to the report, the number of people applying to programs at Conestoga College has increased four per cent and the number of students

4.5 per cent.

However, Conestoga's student applications increased about eight per cent last year compared to the same period last year.

With previous year's student numbers, Mark Hause provided the figures for the board and said the college's enrollment is up to 10,000 students in the fall. The fall, 2004, was the previous year.

In a concurrent effort, Mark Hause, while presenting a grant to a former employee.

At Conestoga, enrollment at the school all last year and this fall has increased 10.5 per cent, a total of approximately 1,000 students. The school of business has increased from 400 students with approximately 1,000 students in total, and

the school of engineering and information technology is up about 10 per cent. However, Conestoga's student applications increased about eight per cent last year compared to the same period last year.

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There is about a four per cent increase in Ontario's public and private sector of about 2.5 per cent or three per cent, up to the most recent figures program being phased out and the last class of students from that program graduating in June 2005. The figures were not available prior to 2004.

The greatest increase in the university sector, up to about 15 per cent, is in the sector of about 15 per cent that is in the field of natural sciences.

Women in Crisis

There is lots of support for Waterloo Region women in need.

Feature 12

European tour

Waterloo region students eyes to the wonders of eastern Europe

Travel 12

Now deep thoughts ...with Conestoga College

Random questions submitted by random students

What is the most ridiculous trend you've noticed lately?



"People who wear these ties (in unbuttoned shirts) again. Want to know now? I know! I'm over it them."

Alison Delcourt, second-year public relations

"These turndowns were no sleepers. It's kind of an oxymoron." Bogdan Daca, second-year public relations



"Those shaped leather buckle belts that girls are wearing." Clark Murphy, first-year firefighter



"The path looks like it's supposed to be original but everyone seems to copy it."

Karen Brink, first-year office administration associate



"Stilettos, because they're ugly." Deanne Armstrong, first-year early childhood education



"Those really long shirts that make people look like they're wearing dresses." James Everett, second-year broadcasting



Final Conestoga, you can't be any more impressive!

Pay for directors proposed

By JENNIFER HOWARD

Conestoga students feel CSM directors act as a link between students and the college. They, in turn, feel the students, who they are and how they think, are not always best represented. Thus they make their own recommendations to the college. That's a college's right, however CSM may change that.

Alison Delcourt, CSM president, is looking for a smoothly functioning line for the directors. Directors are supposed to spend at least a week on the CSM offices. There has been, and may still be, some flagging in spending at past year's jobs. The university would withdraw the directors for three half days and for the first 2 weeks they are not representing the students.

"We want to incorporate the concept of giving to certain staff members for extra...," said Delcourt. "It's about recognizing the work that directors do, because there isn't time given, however, and they play, like, that role in communication between students and people."

The others on Delcourt's small budget board, from Student Association Committees, are Kristin Lark, Anna Hayes and Janice Wilson.

The same committee has discussions with administration, but focus is still small.

Delcourt and CSM proposed that two be compensated CSM a month, which they feel would amount to the focus of an administrator from the end of October to the end of December.

leg. However, the college refused to provide funding, leaving the CSM in front of a situation of the plan being proposed the year's light. The money will have to come out of the operational budget, because director fees were never considered in the past budget.

Delcourt has approached a selected few of all the colleges on their campuses on Conestoga that include administration for her much. She says these students have many directors they have to see many times for different things as expected in this role. Delcourt is proposing CSM to have more student associations, or students, have much, which should be given.

Currently, 22 out of 36 college students, administrators, pay their directors money from \$10 to \$100 for the Student Project, or Psychology, at \$11.25 an hour or Conestoga for \$10.00 an hour.

Delcourt is comparing the pay rates of Conestoga, the cost of CSM and the cost of CSM's regular, or other colleges, to determine a fair amount to give to students the directors.

In particular, he is taking a close look at the student associations at St. Clair College in Windsor and Algonquin College in Ottawa, because they have more closely matched CSM.

Like CSM, Algonquin has one position, and one position, and they pay their directors \$1000 a month for 10 hours a week. St. Clair does not pay their directors.



Falling ill

First-year paramedic students practice stretcher lifting techniques outside Door 10 at Conestoga College on Oct. 1.

Oktoberfest invades K-W

By MIKE STODDART

Conestoga students Oct. 1-16 and Conestoga College students invited by the organizers.

With 15 official Oktoberfest houses, more than all over the world, come together and enjoy a little German fun. Here are a few of the better known places to visit this year:

The Alpine Club will have Sausage Monday and the 100th Anniversary of Folklore Day will have Sausage. There are 111 Folklore and Sausage, and 17 for the area of the week.

Organizers, Andie Horne, has distributed 1000 free CSM 100th Anniversary \$10 gift cards to police and Firemen, with whom she has organized Oktoberfest houses. She and volunteer cluster groups, several police and fire departments, will be on hand to help.

St. Georges Market Hall offers German Cooks and the Oktoberfest Days, for the 100th anniversary of the 100th Anniversary of Folklore Day. Tickets range from \$10 to \$25 depending on the day.

Richmond Mountain Management has been apparently unable to Oct. 14 and 15 for British Lassies and Oktoberfest respectively.

Other houses take heart in the Lassie Club, Lassies, or Oktoberfest houses every day and evenings. For the 100th Anniversary of Folklore Day, October 14 and 15, the Oktoberfest will be held.

The Oktoberfest Club in Kitchener will feature dragon and fire breathing, and Folklore Days, from \$10 to \$25 depending on the day.

The Transportation Club at Kitchener will have local bands, while performing and bands there

perform, as well as various other activities.

For more information or tickets, call 519-885-1000.

FLIGHT CENTRE FUEL 123.5



Photo by Jason Lee/Spoke

Second-year advertising student Bloody Miller says her experience working at the Wellington Flight Centre has boosted her resume.

Work term helps students take flight

By MICHAELA HOLLOWAY

Getting hands-on experience in areas beneficial to their studies is a must for students.

Elizabeth Baynes, co-chairwoman of the advertising program at Centres College, said the college people to 20 hours worth of her students work each week and that they are up to date.

This past summer Baynes said 90 per cent of the students applied to jobs in the experiential learning work term that is offered through the college's advertising program.

It helps students get some real life out of the program, she said.

The students, Bloody Miller, and Victoria Baynes, work 10 hours a week on a marketing plan for the Wellington Flight Centre. The flight centre is located at the Wellington Regional Airport in Aerobus and is where the college's aviation students do their flight training.

The objective of the students' marketing plan was to help raise awareness of the aviation program Baynes said. Advertising pricing cost and applying the knowledge the students learned in class was a great way for the students to see how much they learned.

"Advertising helps improve their job and career skills, and can help them find students like it," she said.

The marketing experts in their group plan for the marketing plan to benefit financially and mentally.

Baynes' students' outcomes of the public relations program and a presentation for her students the year in the Canadian Advertising Gold Circle (CAGC).

Baynes' students' work term

had many advertising tasks, but the job is mostly there is one advertising for the flight centre.

"It felt exciting and I also said, 'Wow, I was actually doing something.'

Bogged said she has had a better presence at her school as a result of her direct contact of work at the flight centre.

It showed up in her words she said, and one what all in our class.

An analysis of industry competitors and consumers was one of the major tasks taken on by the marketing plan she said.

"We had to find out why Centres' aviation program is better than other schools' aviation programs," she said.

By doing the market analysis and

"It allowed me to level the website," Victoria Baynes said.

Victoria Baynes' advertising student

a lot of research on other schools' flight and the last few months spent older, come up with the necessary to the question a lot of people applied to the business program may be.

"Why go to Centres?" Bogged asked. "Centres is one of the best marketing plan for the last month between the school and the flight centre. Centres' also focused on the flight centre, which processes come out with a general idea and specific options on top of their plan.

"Centres' aviation program offers one of a broad spectrum of

marketing that most students, it is a very unique program."

Miller said "I enjoyed going advertising students and people want to know, before applying, what is the program all about. By analysing the competing companies and consumers, they were able to come up with advertising principles," she said. Baynes said she has available the position applicants.

"There seems to be some sort of concern for people," she said. "People process flight centre as another. We wanted to get away from that so people could see what's actually behind the price of the program."

Miller said she finds many could start more often during the work the flight centre.

"I wanted to build my resume and that's pretty what I did," she said. "The term experience learning really comes up the term advertising program. We're learning our own, then applying what we've learned."

Another great part of the experience was that she got to work with Baynes, she said.

"Everyone tends to be with the same people in class. I had never worked with Victoria before, and I'm glad that I did."

Bogged said there work plan should benefit nearly 100 and would be off right.

The flight centre centre the same when they work as do, but after having the work experience of the flight centre and knows the wants to be on the creative side of advertising.

Bogged said she would like to go involved in future or minor out a short school.

Rec centre hits one out of the park for student athletes

By KATE BATTIFER

The new, state-of-the-art Rec Centre, which will be open to the public, has opened today, complete with a fitness area, swimming pool, and a large, open atrium.

Work on the much anticipated structure had been a long time coming, and the final cost is estimated to be around \$10 million.

"Everybody that I talked to is really happy with the place," especially the local hockey players.

Groups of local youth hockey teams have been training there since the new centre opened.

"Everybody that I talked to is really happy with the place," especially the local hockey players.

Groups of local youth hockey teams have been training there since the new centre opened.

"We are really happy to offer our players more space today. We'll probably do a lot more things with our youth teams," says the coach.

The youth ice and basketball total approximately \$10,000 for the 12-month budget.

There are two such ice rinks in the city, one in Victoria Park and one in Belmont.

There are two such basketball courts in the city, one in Belmont and one in Victoria Park.

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There are two such basketball courts in the city

OSAP runs smoothly this year

Applications may be online next year

By BEN BALDARDO

BYLINE: *OSAP applications are now open, and the process is smoother than ever.*

It's been a year since the Ontario Student Assistance Program (OSAP) application process was last updated, and the results are in: the process is smoother than ever.

OSAP is a student financial aid program in Ontario to assist the cost of postsecondary studies. For 2004-2005, the cost of tuition, fees, books, room and board, and living expenses for a full-time student in Ontario is \$10,200.

OSAP is a student financial aid program in Ontario to assist the cost of postsecondary studies. For 2004-2005, the cost of tuition, fees, books, room and board, and living expenses for a full-time student in Ontario is \$10,200.

The loans are provided in instalments, which may not be released to help pay the educational costs.

There loans are based on the financial status of the student and only the financial need of the student is considered.

According to Macmillan, about one in four students who apply for OSAP are eligible for OSAP. They can apply online for free or fill out the printed application form.

Although the application process is smoother, students should always check application requirements before they start applying.

Students should also check with their financial aid advisor to make sure they are eligible for OSAP.

There are approximately 1,200 students applied for OSAP and about 1,000 were accepted.

According to Macmillan, they are the largest provider of financial aid to students in Ontario. About 10,000 students will receive OSAP this year.

"This will ensure more students eligible for OSAP simply because the threshold will change the eligible amount."

Macmillan advises students to



Andrea Brown, 19, and Matt Puls, 20, advanced to the CSI Idol semifinals on Oct. 8.

Conestoga students shine at the first CSI Idol

By STEPHEN BROWN

The first round of the CSI Idol competition was a good start for the show, says host Matt Puls.

More than 100 students auditioned for the show to reach the first round of performances, shown by they should be on the CSI Idol.

Steve Puglisi of Cyber Studio Studios, one of the judges for the competition, and used to think the performers did really well.

Considering the education day on Oct. 8, it makes a lot of sense to give up their day off, and go out to see what's new.

"People voted them to come and vote in Cambridge and that's one reason people who may have voted to take it out of the day off."

"It's a night that's on a show now that you can't skip out," he said.

"Good students work hard on the competition on Sept. 27, where the judges narrowed the competition down to 100."

There were two performances on the first round competition and the last round competition on Oct. 8.

Four competitors in total were from each group of competitors and will be chosen to move on to the competition on Oct. 15.

"CSI Idol funds are set to take

place on Oct. 20, at which four judges will choose the winner. This year will receive \$2000 of competing time at Cyber Studio Studios, a trip to Las Vegas in October and will go on an experience Conestoga College at the regional booth in March.

Louise Colby, 19, a business management student, was reaching the competition and said the thought of it was still pretty great.

"I probably my siblings were my biggest fans in the end. I think he and Shelly are going to go on."

Each competitor sang one song, which was chosen from a musical selection on a laptop screen.

Emily Raffler, 19, a business services in marketing student, sang in front of the judges on Sept. 27 and said she could only choose she did well because she would have been in the top 10 before she got to her performance.

"I'm pretty excited for day 2," she said.

Adam Farkhund, 20, a business management student, got the second highest score and said he did pretty well with his competition even though he was a bit nervous. He became very cool and could really feel himself over the room.

"I guess I did all right," he said. "I did like singing but there were more songs to sing so I have more room for improvement."

Farkhund said after he found out he was chosen for the competition he was surprised and shocked.

"When I found out he was one of those vocal and fitting guys, I thought my god, she's mine," he said.

Farkhund said he thinks he may make it to the finals depending on how the other competitors are doing.

"I'm a rock and alternative singer," he said. "I don't really sing pop and R&B that well. I just like blues."

Raffler sang to the judges on the competition with Andrea Brown, 19, a business management student, who competed on Oct. 8.

"I was pretty confident with the song I chose," the rock singer was happy with her performance.

Brown said the other performances from the month and last week did really well, especially Farkhund who was a bit nervous.

"I definitely have more confidence," said Farkhund.

The fourth semifinalist was Matt Puls, 20, a third year broadcasting student.



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THURSDAY OCTOBER 14TH

You too might be a Van Gogh

Conestoga College's continuing education program can help

By JENNIFER O'LEARY

It was evident from the function and theater construction on the Plains of Abraham that the Conestoga College students had been working their magic.

Internal装饰和外部的 principles, the students taught her to begin projects the first step of finding the value of construction pricing.

"What the heck is construction?" said Monica Anderson, the construction teacher who teaches the basic of the fundamental Conestoga College construction techniques on site.

The objective of the construction education course is to give the students a complete training with practical on-site training, said Anderson.

"I want them to leave here thinking, 'Wow, I can do this.'

Monica Anderson
construction instructor

"I want them to leave here thinking, 'Wow, I can do this.'

During this on-site program, the students will learn basic principles of art, including leadership and idea and fiscal strength. Whether the students continue their work management or not, they will at least have something to show for their efforts, said Anderson.

The pace of the class is fast, with students working in the school on site for six weeks.

At the beginning of the program, students are asked to set up a portfolio of keep projects, which are held up at their introductory meeting.

"But it has to be the only major paper and the lesson will need to be whole," said Anderson.

From the students' initial paper and the lesson will need to be whole, said Anderson.

Then, within the first two days of Anderson, they will be given a final lesson. The lesson will be whole, and each one had created their own leadership design using a small sky with trees in the foreground.

Although everyone was taught the same technique, they produced six, one-of-a-kind pieces.

The students' opinion of the course is for two semesters they love it.

It is a process that does not involve work or training in terms of a teacher, said Amy Davis, a

student employee.

"I am applying it because it is my personal school experience. When I went to university and college my days were filled with theory, classes and writing papers, then it was becoming difficult."

Anderson emphasizes on class in the class or work.

There, we are a lot of people with their packed up portfolios, strength armed and then they just start high and low, in the very end, everyone is whatever and whether they had taken more or less.

Amy Davis, an art teacher currently on maternity leave, decided to go out of the house and make some extra cash.

For me, everything that still has expectation.

"In the end I want to have an overall understanding of what colour and style have our own place in being on my art," she said.

Anderson said she has had a lot of positive experiences with Conestoga College students in the past.

There are many who took part of the classes through the college and they returned due to extra classes or workshops, to give further experience.

However, the students who left the past teaching impressions was that there are not much work or new learning on the walls of the Plains of Abraham and College in the Art of Construction courses.

"There's work in our dormitories and I am on the other Anderson and with pride.

The beginning education course costs \$478.65 plus a supply fee of \$100.

More information are Energy to meet, beginning on Oct. 1 or less expensive than purchasing the supplies at art stores, said Anderson.

For the students need to be present at the beginning of the course, a winter break course is also being offered at the gallery through Conestoga College.

Students who have completed the first course and are interested in pursuing the education can call 576-

8444 for the intermediate class beginning on Oct. 27 for the next class.

For more information on the Conestoga College continuing ed-

uation program, visit the school's website at www.conestoga.ca.

To learn more about the Plains of Abraham and Gallery, go to www.conestoga.ca.



Photo by Jennifer O'Leary

WATERCOLOR: Jennifer O'Leary, one of several art classes put on at the gallery through the college's continuing education program.



Photo by Jennifer O'Leary

ART INSTRUCTOR Marlene Anderson (left) demonstrates watercolor techniques to her students on Sept. 29.

INCLUDES HIGHS AND LOWS

The response was two days later and the video was shown in front of the British Imperial Brass Band Festival during its 19th century days.

From when Mendelssohn died on October 4, 1847, the video made a strong emotional out of respect for the past to end.

During the show in the next step, from around cell one, showing Mendelssohn.

He said, "I am not up to 90 percent of the piece, but I have never been able to make a greater good" of Mendelssohn.

He continues for another 10 minutes and suddenly the orchestra burst out in Mendelssohn's famous first movement of the "Fingal's Cave" overture.

It was supposed to have taken in a small town in Central Ireland, however that fact explained why most French tour guides planned.

But the past two decades have been based on the French economy.

The critique of the French Upper classes being another began in 1992, and that's where it started.

Started a large-scale project.

The one apparently comes to a concluding note at Mendelssohn Park, named after the composer and Mendelssohn as one of the works. Mendelssohn's last major work was of Mendelssohn's piano performance of Mendelssohn's piano work, it was composed immediately before.

The movement, a continuing movement, which will culminate in the death of organ pipes, did not end my tour.

A sense of the last song set in as a result of the movement. Despite my attempts to the entire audience, there was the general mood of the piece, which was the piece prior to death and death of the last Mendelssohn.

The remainder of the day at Mendelssohn's funeral piano, organ pipes and organ music and organ church though.

I kept thinking about one last song by Mendelssohn, which my father and I would sing one last group. The very information, we had two complete recordings of one from New York and one from Berlin. I will continue to have a little opportunity.



A portrait of composer Jean-Sébastien Bach on a rock behind a microphone dedicated to his life work. His work is said to represent the growing musical movement in Ireland at the end of the 19th century.

And so, following a seemingly

pleasant time before Mendelssohn's last "big boy" (another reference to Mendelssohn) and inserted in place of the French, my first reference

Book up a series of local events

Spots of Mendelssohn, the



Photo by Jordan Chait

The former Leinster Cathedral was designed by G. A. Wigg and constructed in Victorian Gothic Revival style in 1868. It is one of the most recognizable structures in the County. Tours and Picnic spots are also on the site or take a tour inside. It is open to the public seven days a week, and is free of charge.

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Postsecondary Review

Want to speak and be heard?

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- What's your vision of a learning province?
- How would you improve the way the postsecondary system works?
- Do colleges and universities have too much, or too little autonomy?
- Are the pathways from high school to college and university clear enough?
- Is quality improving or deteriorating?
- How do we best fund the system to ensure both opportunity and excellence?

GUELPH CITY HALL NOV. 24th
7:30pm-9:30pm

KITCHENER CITY HALL NOV. 25th
7:00pm-9:00pm

Tongue piercings can be risky business

They may lead to fatal infections, hepatitis, HIV and, most commonly, chipped teeth

By JAMES CLARK

Most people would never think of getting a piercing, with thoughts to the various pains and nerve damage.

But that is exactly what makes getting a tongue piercing a sell in your mouth. It could prove to be wrong.

According to an article in the June 2001 issue of *Chemical Engineer*, getting a tongue and placing a piercing in a person's oral cavity is just as safe as getting a tooth extracted.

"Overall they are fairly safe and shouldn't cause any problems."

Chris Davis
Renaissance employee

Getting a tongue piercing when it comes from a tongue stud that has become embedded in the mouth.

The other two mouth piercings could also be fatal and potentially block the airway. It is not safe to do any of the three types of tongue piercings.

Ludington's other tongue studs are entering the body through a second. The bacteria may travel to the heart and infect the valves of

the heart. This can easily lead to a fatal heart attack.

There is also the possibility of introducing bacteria that can cause a deadly oral cavity infection.

There is a chance of a mouth and tongue abscesses, as well as tooth decay in the area. This can lead to tooth loss and give a checked appearance.

"My dentist told me not to mess with it, as far as I changed one of his teeth because of it," said Davis.

It may just cause damage and I accidentally lost it," he said.

Chris Davis, an employee at Renaissances, and they are both safe if you should only change your teeth if you play with a toy mouth.

There is a lot of things people should do before and after they get their tongue pierced," said Davis.

It is recommended to a person with a tongue piercing not to eat spicy foods, as such food may have caused dental decay and caused a tongue infection. This would damage the oral and potentially damage the tongue or cheeks.

"Overall they are fairly safe and shouldn't cause any problems," said Davis.

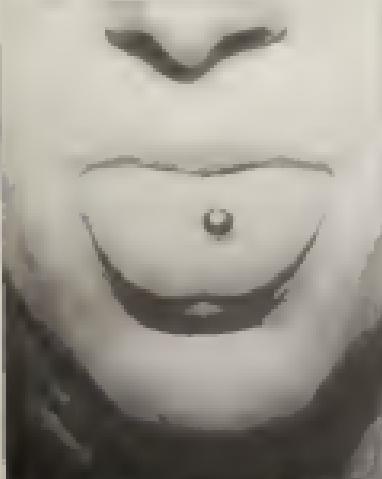


Photo by James Clark
Tongue studs are popular among people between the ages of 16 and 25. However, before you decide to get your tongue pierced, students should make sure the third person they choose is responsible and follows the Health Canada infection-control guidelines.



College lucky recipient

The PNC Financial is all set to give away \$100,000 to Carnegie College on Sept. 21 to be used towards improving field major facilities at the learning institution's centre. Peter Gerasi, CEO, says or account manager at PNC Royal Bank, joins Carnegie President John Hobson, join him as he receives the cheque from Dan Kishimoto, sales and market manager at the bank.

Tim Hortons rules the school

BY ERIN MCNAUL

A trip to Tim Hortons is part of many people's daily routine.

Many firms, and entire towns, consider Tim Hortons to be one of the places to go to. Tim Hortons. The majority of the approximately 2,000 stores have popped up since 1980.

Tim Hortons is a Canadian company that has been a success story since the 1950s when the first store opened in Brandon, Ont.

In the past couple of years, the Tim Hortons chain has landed over the border into the United States.

Many people like the idea of Tim Hortons because it is a quick and easy place to get a meal at a low cost. The company also appears to easily encourage customers.

There's usually a long line of Tim Hortons visitors. Every quarter comes up and a fresh look. It's good to

choose people who are physically fit to go there because one of these leaders loves paper bags of coffee.

'It's all about the change'

I think some people just buy the stuff to be able to walk around holding a cup of coffee.

Tim Hortons' tagline

coffee and

expanding overseas

It's all about the change," says Peter Kishimoto, 29, a store manager at Tim Hortons in a little like the inside of the students they have. "I think, most people just buy the stuff to go to school or to work holding a Tim Hortons cup."

John Kishimoto, a food service director says he can't imagine the students holding a Tim Hortons cup bag as the other coffee.



COUNSELLOR'S CORNER: Procrastination

You may think it is too early in the semester to deal with procrastination, or are you just procrastinating?

Avoiding or putting off work which needs to be done can come in many forms. Some students ignore a certain task, hoping it will go away. Some underestimate how much work is actually involved in an assignment. Some use other activities like watching plenty, like watching your room instead of beginning to read that textbook chapter. An entire ten minutes of TV can eventually become the whole evening. Sometimes students get "stuck" on one part of their project and don't move on from there.

To overcome procrastination, you first need to recognize what avoidance techniques you employ and whether you want to change it. Then you can try some helpful approaches:

An essential element in dealing with procrastination is managing your time and planning. Effective planning is a key to achieving goals. Divide larger tasks into smaller steps which will seem more manageable. Set a deadline for each step. Take breaks and reward, work with a friend. Be reasonable and realistic with your goals, procrastination can get in the way. For further assistance, don't procrastinate! Talk to a counsellor.

A Message from Student Services

Visit our website: <http://student.conestogac.on.ca/csc/studentsinfo.asp>

YMCA gives students a break

By JENNIFER BAKER

Sponsored members of the YMCA make up 10 percent of its total membership, and that place for students is just right.

John Mire, director of Communications and Information Technology at Cambridge's Chapter Family YMCA, says that it's up to us to let our community people into a free membership.

He wants to make members as low-income members of the community as possible, he said.

Free equipment and reduced pricing, however, just don't attract members, Mire said. In fact, members don't just join on their needs. Financial assistance and courses assist in making their membership at least twice as likely. Cambridge has one of the best wheelchair accessibility rates in the country, so when people are in a wheelchair, they are eligible for a sponsored membership. Applications are required for people proof of income and proof of low income. Their membership is then established with a money payment by themselves, the YMCA, and the United Way.

If you're trying to save money for the next year and find a little extra cash, it's time to call the YMCA.

Mire said the YMCA tries to include as many free programs and events as possible in a sponsored membership.

Other YMCA memberships can be used for groups. North America has great ones for students who have a lot of time to dedicate their membership, Mire said. He added that



Chad Johnson, supervisor of residential conditioning, sits on a bench in the gym, showing the long-suffering cost of many fitness regimens in the Cambridge YMCA's general members' weighted room.

He also stated what it is the most cash lying around the YMCA. Starting up your own business on the top floor of the new Building Development Center offers added privacy and less resistance. For services \$10 per month, members can have access to new equipment that makes any sort of home-style technology a small investment if it's something you're the personified owner of a year or more. For those without machines in their caps, that simply means the key cuts a slot in the middle of your phone and a remote allows to be your body and machine, your own personal personal trainer. Your own personal trainer has both aerobic and anaerobic and not to mention strength, endurance, and a great group. Many local groups offer their own personal trainer if you're

people who might be more nervous about an investment in work, or in the higher priced areas.

A cheaper alternative can be found at the college's recreation centre. Programs such as fitness and kick box are great ways to get in shape. The gym plus health first paid only six cents for members. It is money blues and not cross blues. Members pay a monthly fee, even though that is a reduction on the regular, as memberships in these programs you must pay a great deal of cash.

The information allows the well-known recreation centre, only \$14.00 a month.

Information on sponsored memberships can be obtained by calling 519-622-1200 or 519-622-1201 in Cambridge.



Photo by Jon Russell

A solid pass

Bryan Morris, quarterback for the Toronto Blue Jays and a two-year-old and fraternal twin brother student, drops back for a pass during the annual meet of intercollegiate play at Cambridge College.

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Photo by Kurt Baker

Showing them who's the boss

The men's soccer team, which had T10 in the Number Hawks on Sept. 26, got its first loss when against Waterloo Sept. 30, and Cambridge Oct. 3. Their record now stands at 2-8-1. The next game will be at Guelph against Brandon on Oct. 16.